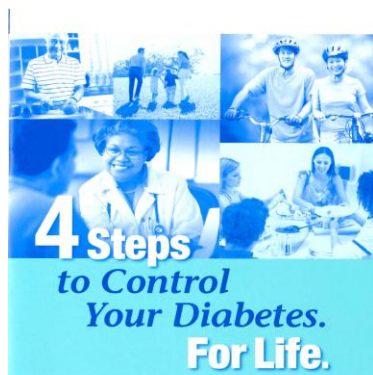


Welcome to the Diabetes Prevention and Control Program's list of brochures webpage. Every brochure pictured here is free of cost, but supplies may be limited.

## Diabetes Brochure Listing



National Diabetes Education Program  
1-800-438-5383 • [www.ndep.nih.gov](http://www.ndep.nih.gov)

### 4 Steps to Control Your Diabetes for Life

These four steps help people with diabetes understand, monitor and manage their diabetes to help them stay healthy. This publication is excellent for people newly diagnosed with diabetes or who just want to learn more about controlling the disease.

Publication date: 11/01/2006



### Are You at Risk for Type 2 Diabetes? Take the Test. You Need To Know.

Brochure featuring the risk test and the most common symptoms of diabetes. Reversible in English and Spanish Languages.



## Available Resources, Continued

### Blood Glucose Self-Monitoring

Regular blood glucose (blood sugar) self-monitoring is one of the best ways to help you control diabetes and avoid serious health complications.



#### Gather the necessary equipment.

This may include:

- a lancet or finger-pricking device (an adjustable, spring-loaded needle)
- test strips
- cotton balls or tissues
- a blood-glucose monitor
- a blood-glucose logbook
- other



#### 1. Follow the manufacturer's instructions.

If necessary, turn on your blood-glucose monitor and let it warm up. Some monitors will turn on automatically when you insert a test strip. Others need to be calibrated first. Ask your health-care provider if you have any questions.



#### 2. Wash your hands with mild soap and warm water.

Then pat them dry. Do not handle sweets, glucose tablets or food after washing. If cleaning with an alcohol wipe, allow your finger to dry before you test.



#### 3. Prick the side of a fingertip.

Do not prick the pad of the finger. Keep your arm below your heart to improve blood flow. In general:

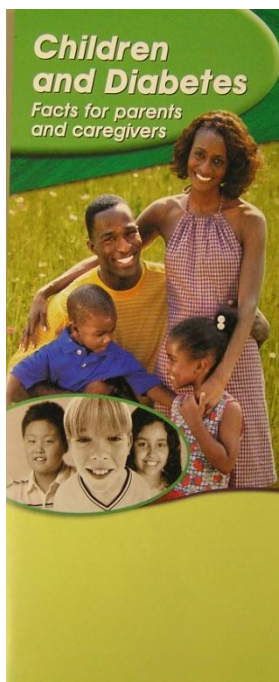
- Gently squeeze out a large drop of blood.
- Let the blood drop onto the test strip as instructed. (Some monitors have you apply blood to the strip **before** inserting it into the monitor. For others, you apply blood to the strip **after** inserting it.)
- Wipe finger with a cotton ball or a tissue.



This sheet gives some important facts about blood glucose self-monitoring. But it does not take the place of a talk with a health-care provider.

### Blood Glucose Self-Monitoring

Provides step-by-step instructions for blood glucose self-monitoring. Colorful illustrations clearly depict proper techniques. Includes space for patients to record timing of tests, target range, danger zones and more. Fifty two-sided, 8 1/2" x 11" tear-off sheets per pad.

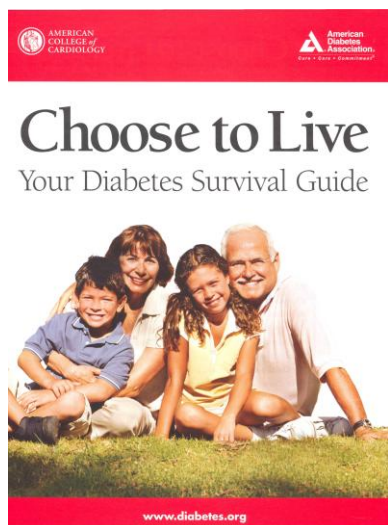


### Children and Diabetes Facts for Parents and Caregivers

The risks, the signs, and the strategies for managing diabetes in children -- they're all here in this concise, quick-reading pamphlet. Readers will find it the perfect source for learning when a child should be seen by a health-care professional and getting the specifics on following up after a diagnosis of diabetes. Emphasizes the importance of early diagnosis. 8 panels, 3 1/2" x 8"

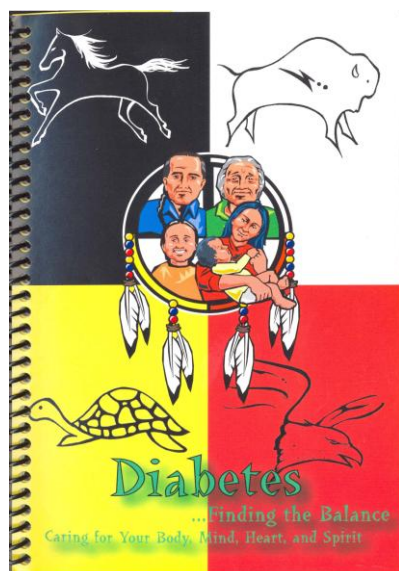


## Available Resources, Continued



### **Choose to Live – Your Diabetes Survival Guide**

This brochure is targeted to the person newly diagnosed with type 2 diabetes or one who's ready to start taking good care of diabetes. This 32-page booklet contains the "need to know" information about diabetes. Topics include managing the ABCs, healthy eating, exercise, keys to behavior change, medications and more.



### **Diabetes – Finding the Balance**

*Diabetes – Finding the Balance* is a guide to wellness for American Indians who have diabetes. Join Arnold as he learns about diabetes and how to walk in wellness with a balanced lifestyle. His humor makes learning about this chronic disease in relationship to the body, mind, heart and spirit an enjoyable journey. This cooperative publication was written by Northern Plains American Indians for Northern Plains American Indians and receives high marks from tribes outside of the region.



## Available Resources, Continued

Go to **[www.diabetes.org](http://www.diabetes.org)**  
for online information

Order Code: 5984-03

02/09

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### I Have Diabetes – Diabetes Outcome Cards

This wallet-sized (four-fold) card outlines the ADA Standards of Care & treatment goals. The card can be used during diabetes visits to set or review goals, update progress, and discuss results. Space provided for emergency information.

### Injecting Insulin

Insulin injection is a vital part of managing diabetes. Fortunately, you can learn to do this at home.

These instructions are for an unmixed dose of insulin.

If you use more than one type of insulin, ask your health-care provider for instructions.



#### Gather the necessary equipment.

This may include:

- insulin
- a syringe
- sterile cotton balls or gauze
- alcohol wipes

#### 1. Check the insulin expiration date.

Discard any insulin that has passed this date. Never use insulin that looks lumpy, sticky, discolored or unusual in any way.

#### 2. Wash your hands.

#### 3. Choose an injection site.

Use injection areas (the abdomen, arms, thighs or buttocks) according to your health-care provider's instructions. Choose a site that is at least one inch from your previous injection. Clean this spot with an alcohol wipe or soap and water.

#### 4. Prepare the dose.

Follow instructions. In general:

- Don't shake the bottle. Roll it between your hands at least 20 times.
- Wipe the insulin stopper with an alcohol wipe, and let it dry.
- Hold the syringe with the needle pointing up.
- Draw air into the syringe until the tip of the plunger marks the correct dose of insulin you need.
- Put the bottle on a flat, steady surface. Push the needle through the rubber stopper.
- Inject all the air in the syringe into the bottle.

This sheet gives some important facts about injecting insulin. But it does not take the place of a talk with a health-care provider.



### Injecting Insulin

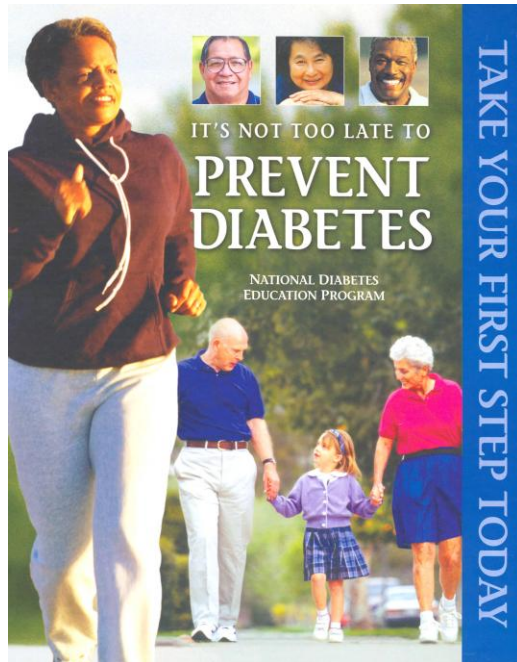
Provides step-by-step instructions for home insulin injection. Detailed illustrations clearly depict proper techniques. Note spaces encourage patients to record health-care provider instructions, personal health information and more. Fifty two-sided, 8 1/2" x 11" tear-off sheets per pad.





**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

## Available Resources, Continued



### **It's Not Too Late To Prevent Diabetes**

Tips to help older adults at risk for type 2 diabetes move more, eat less and lower their risk for diabetes.

**Publication date:** 05/01/2007



**NORTH DAKOTA'S**  
**DIABETES**  
HEALTH GUIDE™

### **North Dakota's Diabetes Health Guide**

This pocket-sized booklet encourages individuals to take an active role in staying healthy and controlling their diabetes. This easy-to-use, educational resource and record-keeping booklet also promotes partnership with health-care providers for successful diabetes control.

**Publication Date:** 03/31/2009



## Available Resources, Continued



### Pre-diabetes

What Is It and  
What Can I Do?

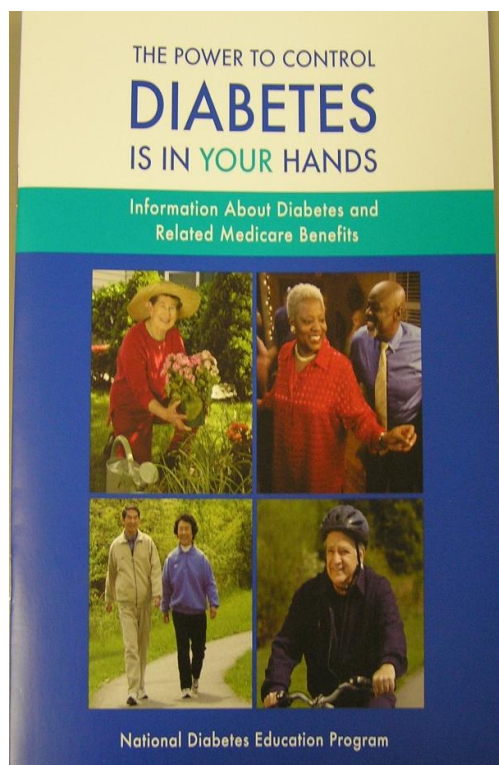
You Can Delay or Prevent  
Type 2 Diabetes



Having pre-diabetes means you might get type 2 diabetes. But you can delay or prevent type 2 diabetes. Regular physical activity and aiming for a healthy weight can help.

### Pre-Diabetes. What Is It and What Can I Do? You Can Delay or Prevent Type 2 Diabetes

Unravel the mystery of "pre-diabetes"! Understand how it can lead to type 2 and how you can treat pre-diabetes in order to delay or prevent type 2. Explore the role exercise and weight have in prevention of type 2 diabetes, too.



### The Power to Control Diabetes is in Your Hands

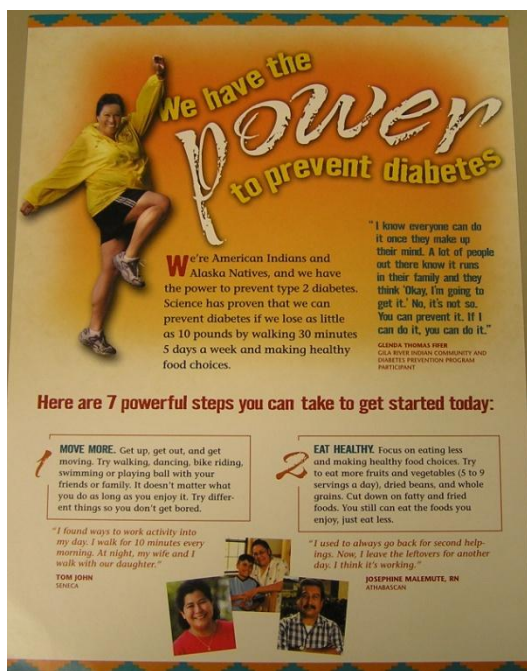
This brochure for older adults helps them manage their diabetes, understand how to check blood glucose levels, manage the ABCs of diabetes, and access Medicare benefits.

## Available Resources, Continued



### Take Care of Your Heart Manage Your Diabetes

This patient education sheet explains the link between diabetes and heart disease. It encourages patients to work with their health care team to set targets and manage their blood glucose, blood pressure, and cholesterol. It includes a record form to track target numbers.

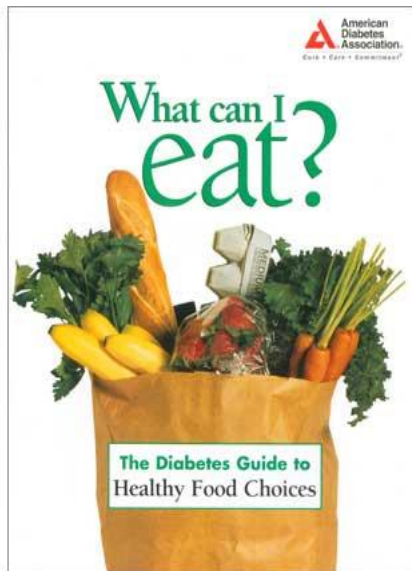


### We Have the Power to Prevent Diabetes

Tips to help American Indians and Alaska Natives at risk for type 2 diabetes move more and eat less to lower their risk for diabetes.



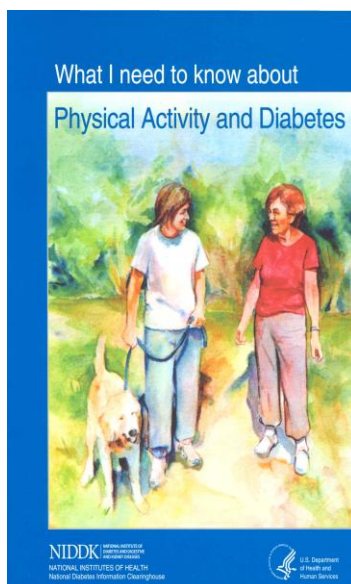
## Available Resources, Continued



### **What Can I Eat?**

#### **The Diabetes Guide to Healthy Food Choices**

This booklet is a 28-page guide for planning meals and making the best food choices from all food groups while managing diabetes. Features sample meals as well as information about carbohydrate counting, the plate method and the glycemic index. Also includes tips for eating at restaurants; quick meal and snack ideas, including sweets in your meal plan; and selecting healthy fats. Target audience: adults with type 2 diabetes.



### **What I Need To Know About Physical Activity and Diabetes**

Physical activity plays an important part in improving the health and quality of life for those who have type 2 diabetes. Learn the do's and don'ts of engaging in physical activity while managing diabetes and the benefits of a physically active lifestyle.